

ABSTRACT

This invention relates to and is drawn to food compositions including waterleaf leaves harvested at full bloom. The present invention further relates to and is drawn to methods of
5 reducing the risks of cardiovascular diseases by reducing total plasma cholesterol and plasma LDL-cholesterol and increasing plasma HDL-cholesterol and blood hematocrit using the present food compositions of waterleaf leaves, in addition to methods of preventing and treating coronary heart disease using the present food compositions.